



newsletter

February 1, 2016

Vol. XL, No. 2

100 LaSalle Street, NY, NY 10027 (212) 666-4000

www.mrhsny.org

President: Rita Marie Pullium

Executive Director: Ronald Bruno

Film Presentation: "Abrazos"

MRHS and the *MG Multimedia Workshop* present Building IV resident **Luis Argueta**, who will screen his film, *Abrazos*. The film tells the transformational journey of a group of US citizen children who travel from Minnesota to Guatemala to meet their grandparents — and in some cases their siblings — for the first time. It presents the realities of 4.5 million US citizen children with at least one undocumented parent who will benefit from President Obama's DAPA executive order if the Supreme Court clears the path to its implementation.

The film lasts 44 minutes and **Luis Argueta**, the Director, will be present for a Q & A session after the screening. You can watch a trailer at www.abrazosthefilm.com

Thursday, February 18 at 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with visual impairments. This month we will meet on **Friday, February 5th** and **Friday, February 19th** at **2:00 PM** in the **MRHS Tuttle Center**. Please call MRHS at [212-666-4000](tel:212-666-4000) with any questions. Walk-ins are welcome!

"Neuroscience Wednesdays"

For the next installment of *Neuroscience Wednesdays*, Building IV resident and neuroscientist **Madelyne Kraft** will discuss **"The Five Senses, How We Experience and Come to Know the World."**

Wednesday, February 17 at 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Black History Month Program

On **Monday, February 29 at 7:00 PM**, MRHS plans a special program in dramatic form. It is entitled:

"BOLD VISIONS in PLAY FORM"

Consisting of three short theatrical pieces in honor of Black History Month.

Marjorie Eliot and J.e. Franklin are the playwrights. The production is directed by **Eric Coleman**, well known to the Gardens community for his work with the Morningside Players. The cast includes *Malika Franklin, Arthur French, Roger Parris, and Cooki Winborn*. *Marjorie Eliot* is Musical Director. **Talk-Back** with Audience included.

The program is free to the community and everyone of all ages is welcome. Arrive early. Seats are limited. The program takes place in the **Recreation Center of 100 La Salle, basement level**.

Become a Senior Companion!

On **Monday, February 22 at 3:00 PM** MRHS will hold a presentation on becoming a "senior companion." Senior Companions are volunteers, age 55 and over, who commit at least 15 weekly hours to provide friendly interactions and peer support to older adults who are frail or homebound, making independence a reality for them.

A representative from the *Henry Street Settlement Senior Companion Program* will be here to tell how it works. Come and see if this program may be something you would like to do. Join us in the MRHS Tuttle Center.

MRHS is closed on Monday, February 15 for President's Day. We wish everyone a great Holiday Weekend.

In Memoriam

MRHS lost former board members, **Jean McCardell** and **William (Bill) Ellis**, over the past two months. Jean and her partner, John Beard, were each two-term directors of the MRHS Board, as were Bill and his wife, Ann Ellis, who lives in Building I. Both Jean and Bill made valuable contributions to MRHS and to the wider Morningside Gardens community. Jean and Bill will be greatly missed by all of us at MRHS.

Sculpture Workshop

In a 6-week sculpture workshop taught by artist/instructor **Francine Perlman**, students will use plaster to build abstract sculptures, or to carve in any way, and will use Bristol board to investigate the possibilities of the cube. Materials and methods of working will be presented that can be used easily and inexpensively at home. For plaster, common household objects like egg cartons, coffee bags, and milk cartons, work well as molds, and plaster-soaked strips will be layered around forms, commonly wire mesh on a simple armature.

Students will be delighted to learn that a carrot peeler is a wonderful plaster-carving tool. Our second project will be an exploration of the great creative possibilities of Bristol, often used for architectural models, through the medium of the cube and the other four perfect polyhedrons.

Plaster is a messy material. Please wear appropriate clothing. Tools and materials will be supplied, or announced as we go along. Bring empty CLEAN milk cartons, etc, to the first class if you have some.

Mondays, March 7-April 11, 2:30-4:30 PM
Registration required — \$50 for 6 weeks

Save The Date!

The **MRHS Annual Meeting** will take place on **Wednesday, March 16 at 7:00 PM in the Building I Recreation Center.**

Happy February Birthday!!

To: Mary Elder, Mary Jacobs, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, Sandra Saunders, Annette Sims, Hilah Thomas, and Marion Yeh.



Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in February are all invited to our Birthday Party! Come on **Tuesday, February 16 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

February 6 The Ground on Which I Stand (2015) 1 hr, 30 min. PBS documentary explores the life and legacy of August Wilson, the playwright some call America's Shakespeare, who chronicled the 20th century black experience. Not Rated.

February 13 A Soldier's Story (1984) 1 hr, 41 min. An African American officer investigates a murder in a racially charged situation in WWII. Cast includes Howard Rollins, Jr. Adolph Caesar, Denzel Washington and others. Directed by Norman Jewison. Rated PG

February 20 The Great Debaters (2008) 2 hr, 4 min. Director, Denzel Washington. Washington also stars as a politically radical coach for a debate team of African American students who took on the Harvard elite. Rated PG

February 27 Introducing Dorothy Dandridge (1999) 2 hr. This biography follows Dorothy Dandridge (Halle Berry) from her early days in the club circuit with her sister to her turn in the movies becoming the first black actress to win an Oscar for Best Actress for her role in Carmen Jones in 1954. Directed by Martha Coolidge. Rated R

Movies start at 2:00 PM. Please arrive early. Suggested donation: \$1.00.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 8 – 6 | 9 – 6 | 8 – 6 | 8 – 6 | 9 – 6 |

Nurse's Hours – Marie Phillips' schedule:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 9 – 4 | 9 – 4 | 9 – 4 | 9 – 4 | 9 – 4 |

Hypertension Screening on Wednesday, February 3, February 17

from 9:00 AM to 11:00 AM

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

Nurse Marie Phillips' "Take Charge of Your Health" will meet in on February 25 at 2:30 PM in the MRHS Tuttle Center.

"Later Life Transitions" group's next meeting will take place on Thursday, February 11 at 3:00 PM.

The **MRHS Book Club's** next meeting is Wednesday, February 17 at 3:00 PM. The group will discuss **The Short Stories of Anton Chekhov**. Everyone is welcome!

For Your Information

If you have information that you think will be useful to Morningside Gardens' residents and you want it announced, please send the information to the MRHS office by the third Friday of the month (i.e. Friday, February 19, 2016). Please print clearly or type all information that you want included in the Newsletter. *

***Due to space limitations, it may not be possible to include all information submitted.**

MRHS Film Committee Presents

First Wednesday Films

Next screening on **February 3 at 7:30 PM**

Featuring:

Ilo Ilo

(2013) 1 hr., 39 min.

A bond develops between a Singapore boy and his Filipino nanny. Compassionate and rich in detail, it received a standing ovation and the Camera d'Or award for the best first feature film at Cannes. In Chinese, English and Tagalog, with English subtitles.

MRHS Tuttle Center, 100 La Salle, #MC
\$1.00 suggested donation

Great Decisions 2016

On **Tuesday, February 2** at **7:00 PM** the Great Decisions Program will commence the 2016 program with a discussion on "Middle East Alliances."



Tiana Leonard is the program facilitator for this evening's presentation. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including the book for the 2016 program (discounted to \$20.00.)

Thank You!

MRHS would like to thank the following supporters for their generous contributions to the MRHS Winter Celebration:



- **Toast**
- **Bettolona**
- **Fairway Market**
- **Michael de Borja**

Men: A Message for You!

We thought you should know that we have a working **MEN's GROUP** at MRHS. We meet on the first Wednesday of every month. The next lunch meeting will take place on **Wednesday, February 3rd at 12:30pm at *Serafina Harlem*, 1260 Amsterdam Avenue (corner of 122nd Street).** The *Serafina* lunch includes soda, chips, salad, pizza and coffee. The cost of lunch is \$10 payable to MRHS.

At the January lunch we had a presentation of artwork by Men's Group member and Painter Frank Munzer. In March, we are planning a presentation by Men's Group member John DiGaetani, author of "An Invitation to the Opera." John is a Professor of English at Hofstra University. His published works include studies on modern British literature, modern American literature, opera, and the connections between literature and music. John DiGaetani's presentation will be held on March 2nd at 7:00 PM in the Thurgood Marshall Room, and will be open to the entire community.

Please contact MRHS at [212 666 4000](tel:2126664000) if you are interested in joining the group and to reserve your spot at the February 3rd lunch meeting.

Monday Night Discussion Group

TOPIC: Let's Discuss ART!

Cave paintings, hieroglyphs, dance, story-telling, have existed as methods of communication since man began. But are these ART? Does art have a role in our daily lives — to please us, to challenge us and even to offend us? What happens to our creativity as we age and can we regain it? Let's talk about where art lives.

Monday, February 22, 7:30 – 8:30 PM
Tuttle Center, 100 La Salle, #MC

RECOLLECT * DISCUSS * PARTICIPATE *
LEARN * CELEBRATE

"Read Ahead" at PS 36

Would you like to read to a child in need of reading help? Volunteers are needed weekly at various times on Mondays, Tuesdays, or Thursdays, for approximately 45 minutes during the children's school lunch period at PS 36. On **Tuesday, February 9 at 12:10 PM**, longtime "Read Ahead" volunteer and Gardens resident Alan Stricoff will escort a group to PS 36 (corner of Amsterdam & 123rd St.) to see the "Read Ahead" program in action and to meet the coordinator. Please call MRHS at 212-666-4000 and leave your name with Margaret if you would like to join Alan.

Help Spread the Word

The NYC ID has been extended through 2016. The card now also includes free annual memberships to MOMA, the Guggenheim Museum, the New Museum, as well as the Metropolitan Museum of Art, the Studio Museum of Harlem, the Museum of the City of New York, the Brooklyn Museum and the botanical gardens.

Note for all who haven't yet obtained their NYCID card: Membership requires you to go to each institution to get their free card. In the case of the zoos, you must go to the Bronx Zoo to get the card for access to all the city zoos. Details are available at www1.nyc.gov

Players 5th Annual Benefit — Stand-Up Comedy Night

Please join The Morningside Players for a hilarious night of clean, clever comedy by four actors that stand-up! Star performer is comedienne Passion and the Master of Ceremonies will be Sean C Turner from *Fences!* Plus wine, beer, noshes, desserts and more included — all cabaret style! **Saturday February 27 at 7:30pm in TMP's theater.** Tickets are \$25 at morningsideplayers.org

Publication of the Newsletter is made possible by a grant from Columbia Community Services.

Hypertension Screening On Wednesdays

Blood Pressure Screening is done two times a month at the Tuttle Center MRHS. This program follows the guidelines set by the Department of the Aging of the City of New York. It is implemented by volunteers from the Gardens. A screening is not to diagnose or treat, but to recommend follow up with your physician if needed.

What are some of the reasons for a screening? What are the risk factors for hypertension?

1. Known history of hypertension
2. Family history of hypertension
3. Family history of strokes or heart attack
4. Overweight, high cholesterol, elevated blood pressure
5. Known history of Diabetes
6. To check on effects of medication
7. Before and after exercise.

We use the Omron Blood Pressure Machine which is recommended by Physicians for home use. It is good to have a blood pressure check by your doctor in his office but it is equally beneficial to have it done in other settings for they can vary from setting to setting which gives added information for your physician.

February dates for the Screening are **Feb. 3 and Feb. 17, 9:00 AM to 11:00 AM.**

Smile.Amazon

Just a reminder that if you are shopping on Amazon, please consider reaching Amazon via smile.amazon.com or <http://smile.amazon.com/ch/13-6206256>. You will then be able to select *Morningside Retirement and Health Services* as your chosen charity. We will receive a donation from Amazon at no cost to you. The donation from Amazon to MRHS will be 0.5% of the price of items purchased.

John Seaman's Liberty Salons

Two events this month will take place from **7:00 to 9:00 PM**

Thursday, February 4, at 7:00 PM, Dr. Debbie Joffe Ellis, wife of the late renowned Dr. Albert Ellis, will speak. She is a practicing psychologist in New York City. Together with her late husband she helped to develop Rational Emotive Behavior Therapy (REBT). She will speak this time on "Psychotherapy and Creativity." Dr. Ellis is an engaging speaker who will bring her extensive knowledge and experience to the topic.

On **Thursday, February 25, at 7:00 PM, Dr. Tom Mallios** is tentatively scheduled to speak on "Psychotherapy and Creativity" as well. His talk will be drawn from his knowledge of cognitive therapy and the Greek philosophical roots of psychotherapy. Dr. Mallios is a Greek-American clinical psychologist. He is a founder of GABSI, the Greek-American Behavioral Sciences Institute. He has a private practice in New York.

Both scheduled talks will be done in the "Colloquium" format with question and answers as part of the presentation.

The programs include light refreshments.

Mark Your Calendars

On **Sunday, February 21**, Anthony Quinn's artwork and memorabilia are being shown at the Mana Arts Center in Jersey City, NJ. Gardens residents *Conchita Gonzalez* and *John Seaman* are organizing a trip via public transportation (PATH train). This is the opening event at the gallery in trendy Jersey City. Conchita and John will meet people in the **Building One lobby at 1:00 PM**. For more information you may call MRHS at 212-666-4000. Mana Arts Center may be contacted at 1-800-330-9659

Morningside Players Award

On Monday night, November 16th at the Symphony Space Theatre, Broadway and 95th Street, The Morningside Players were awarded the Audelco award (recognition award for excellence in Black Theatre) for the second consecutive year, in the category of Best Revival. In 2014 The Players won for *The Old Settler* by John Henry Redwood directed by Ajene Washington and this year The Players won for *Fences* by Pulitzer playwright August Wilson, and directed by Broadway veteran

Arthur French. The Players compete and won against such companies as The Public Theatre, The Signature Theatre, The Classical Theatre of Harlem and The New Federal Theatre. We are the little theatre company that could and does. Artistic Director-Susanna Frazer; Associate Artistic Director-Cecelia Riddett; Treasurer-Bridget Leicester; Scenic Director-Mike Mahaney; Technical Director-Patrick Mahaney; Dramaturg-John Barrow and Grants-Richard Herstein. Please continue to support The Morningside Players.

Carol Carter-Secretary